

DESERT AIRMAN

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Davis-Monthan Air Force Base, Ariz.

Friday, Nov. 24, 2000

Around D-M

Bike theft

Over the last month, six unsecure bicycles were stolen from the housing area. During this same period, 107 "GOTCHA" letters were issued to identify theft vulnerabilities. Crime prevention and force protection are a team effort requiring a team approach. Security forces will continue their proactive coverage of the housing area but housing residents are reminded to secure their belongings.

Dental plan

As of Nov. 17, the military personnel flight customer service section will no longer accept new TRICARE Family Member Dental Program enrollment applications.

All previously used dependent dental programs are now combined into the TRICARE Dental Program and those new applicants must submit applications directly to United Concordia Company, Inc.

In order to receive TRICARE Dental Program coverage beginning Feb. 1, new enrollments must be received at UCCI by Jan. 20.

The TRICARE Dental Program enrollment applications are available by calling UCCI at 1-888-622-2256, by visiting your local health benefits adviser, dental treatment facility or at the MPF customer service section.

TRICARE Dental Program enrollment applications will also be available on-line at www.ucci.com, beginning Dec. 1.

For more information call Master Sgt. Danny Pickrom or Staff Sgt. Jerry Stewart at 8-4478.

Wing wins AFOUA

By Staff Sgt.
J. Elaine Phillinganes
Public affairs

The men and women of the 355th Wing proved to be an "outstanding" group of individuals during the last two years by earning the recognition of the Air Force Outstanding Unit Award not only here at Davis-Monthan, but also abroad.

The 355th Wing, under the command of Col. Bobby Wilkes for the period of June 1998 to May 2000, was recognized as the top 10 percent of those "like units" assigned to Air

See AFOUA Page 4

Santas prepare for holidays

By Angie Erickson
Public affairs

Dear Santa, My family likes to help each other when they get tired. When I am at school, I am bad at my math and my reading. May I have a blanket with flowers on it and a little lamp with flowers on it too?

Dear Santa, I am 8 years old and in third grade. My teacher is Mrs. Lopez. I like to skateboard, play with my friends and watch football on television. I should get a gift because I do my chores, and I listen to my mom and dad. I would like a skateboard for my gift.

More than a thousand letters like these poured into the Davis-Monthan's Santas-In-Blue mailroom last month. "They are so cute," says Staff Sgt. Lori Payton, SIB Vice Chairman and NCOIC of Executive Support for the Operations Group. Payton says she has

See Santas Page 5



Senior Airman Amy McBeth

Indian Nights

A Redhouse Dancer performs a "Hoop Dance" during the Indian Night celebration at Heritage Park. The celebration was held Saturday in honor of Native American Heritage Month, by the newly-founded NAHC committee. The group headed by Capt. Ruth Kawano, 355th Medical Group, has been planning events for several months to honor their heritage. There are also art displays throughout the base depicting the history of Native Americans.

Commander's Corner



Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at **228-4747**, or you can send an e-mail to us at:

355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

Commander's Salute

This week, I salute **everyone who helped make Lt. Gen. Tom Hobbins' immersion visit of the 355th Wing a success.** I am proud of the outstanding work you all do each and every day.

Thunderbird media flights

Comment:

A day before the air show I turned the news on and saw a happy reporter who had just gotten a ride in a F-16; he had flown with the Thunderbirds.

As a dependant, I have met incredible airmen and NCOs who are not only committed to, but who also go above and beyond in their duty to make this a better Air Force, however, they never get anything like this. The most they can obtain for their efforts and commitment are quarterly or yearly awards. I heard many comments about this incident. People are upset that airmen (officers and enlisted) are not getting rides, yet, here is a reporter, that more likely has never served his country, and he gets to fly with the Thunderbirds. What is wrong with that picture?

Response:

Thank you for your question, which actually addresses separate issues: recognition of our top people and incentive and orientation flights. At every CONUS air show location, the Thunderbirds are authorized and funded in their flying hour program to fly two news media reps to: 1. help promote the air show, and 2. to inform and educate the American taxpayer about the Air Force mission.

The return on investment is estimated at 10 times the actual cost of the flight, given cost figures for broadcast airtime in the region of the country where the feature story airs.

The fact that you saw the story validates its reach. All of these flights are carefully justified locally and then staffed to Air Combat Command by the Thunderbirds commander for scrutiny and flight approval.

We reviewed the nomination packages in September and selected KGUN-9's anchorman, John Patterson, for a Thunderbirds F-16D orientation flight as part of the promotional effort for Aerospace & Arizona Days 2000. The other flight was afforded to "Max" of "Max and Mary in the Morning" on KIIM-FM Radio.

The rationale for Air Force approval to fly news media representatives and celebrities has to do with their ability to reach a wide audience and share the experience of high-performance flight with the masses, who may not understand or appreciate the challenging environment fighter pilots call their office.

While the policy may not initially seem fair, it is important to recognize that without an informed American public, we would not be able to accomplish our mission. Nor receive the quality of life improvements and family benefits so important to get our job done.

The second issue you raise has to do with recognizing our unsung heroes who work hard here at D-M each and every day and remain ready to deploy to all corners of the earth. Unfortunately, since the A-10 is a single-place aircraft, we do not have the ability to provide orientation flights. However, we offer them occasionally on visiting KC-135 aerial refueling tanker aircraft so that family members and non-rated Air Force members can experience the flying mission. We have in place a fair number of unit and wing recognition programs to recognize our top-notch people but we are always seeking ways to thank our people for doing great work. It's important to note that the Thunderbird orientation flight program does not come at the expense of unit-level incentive flight programs, at bases where two-place fighter aircraft can accommodate flights for award winners. The best recognition for most people, is knowing they are an integral part of the greatest Air Force in the world. In a perfect world, we'd have unlimited resources to be able to offer each and every desiring Team D-M member an opportunity to fly. We trust that you understand this long-standing rationale and that you'll continue to support your uniformed member and appreciate their efforts as I do.

Your Final Answer?

What part of the Desert Airman do you read the most and why?



Staff Sgt. Ventrus Boyd
355th Component Repair Squadron

"Sports, because I participate in most of them."



Capt. Marsha Cervantez
355th Contracting Squadron

"Commander's corner, it lets me know the concerns/solutions of others."



Tech. Sgt. Gloria Hawthorne
355th Wing

"I like to read the editorials and anything that has a catchy headline."



Suds Sutherland
Aerospace Maintenance and Regeneration Center

"The Commander's Corner because I like to read all of the silly complaints."



Senior Airman Kanani Reed
43rd Electronic Combat Squadron

"The Sonoran Spotlight, I get to see if my friends are there."



1st Lt. Rick Vasquez
354th Fighter Squadron

"I read the front page stories and follow them into the continuous pages."

Wings compete in Gila Bomb competition

By Capt. Michael Braibish
12th Air Force Public Affairs

Top flying honors went to the 355th Wing on Nov. 17 with the 357th Fighter Squadron claiming the Top Team award for Gila Bomb 00-2, a bombing competition sponsored by 12th Air Force.

For the second time in as many competitions, the 355th Wing has beat out the opposition for the highest recognition.

Although a few teams were singled out for superior performance, Lt. Gen. Tom Hobbins, the 12th Air Force commander, noted that the competition was extremely close.

"After reviewing the scores, I've seen the incredible capability man and machine have when working as a team," said Hobbins.

"Shacks and split second timing permeate the results.

"On the maintenance side, tight checklists, solid pre and post-flights, and flawless integration of dissimilar aircraft on one ramp validate our current capabilities."

Hobbins noted that all bombs dropped were scored within 15 meters of the target.

"You've shown me that perfection is the norm," said Hobbins of the participants. "It gives me great pride to be here with all of you."

When all was said and done there were 46 sorties flown, 263 training bombs dropped, and more than 3,200 rounds fired from guns.

The first Gila Bomb was held in June of this year, and GB 00-2 continued on the theme of a "come as you are competition" that allows aviators and maintainers to prove themselves while building camaraderie among the competitors. Maintainers put their focus on putting planes in the air while aviators focused on putting fire and steel on target.

Lt. Gen. Doc Foglesong, the deputy chief of staff



Senior Airman Bobby Ridgeway makes sure that Maj. Kevin Jens is securely strapped into his F-16 during 12th Air Force's Gila Bomb 00-2 competition. Both are from the 34th Fighter Squadron, 388th Fighter Wing at Hill Air Force Base, Utah. Ridgeway cinches the pilot in to ensure he's held tightly to the ejection seat.

for air and space operations at the Pentagon, started the competition during his tenure as the 12th Air Force commander. He returned to his former command at D-M to present awards to the top teams.

"I'm delighted to be back," said Foglesong. "This is a great opportunity for aviators and maintainers to get together and do what they do best."

Although the competition was opened to U.S. Air Force fighter teams around the world, only teams from the continental U.S. participated.

While the Air Force considers restoring competition mainstays such as William Tell and Gunsmoke, 12th Air Force will plan for its next command-sponsored competition, Gila Bomb 01-1, which is tentatively scheduled for May 18.

Competition results

The following are the results of the Gila Bomb competition:

- ◆ 357 FS won - the Gila Bomb Top Team and the Top A-10 Team awards;
- ◆ Maj. Carlos Honesty, 357 FS, was named the A-10 Top Gun;
- ◆ Lt. Col. Brian Maas, 358 FS, was named the Best Low-Angle-Low-Drag; and
- ◆ Airman 1st Class Phillip Turner, 357 FS, was named the A-10 Top Wrench.

The following pilots represented the 357 FS in the competition: Maj. Steve Brewer, Lt. Col. Steve Bell, Maj. Carlos Honesty and Maj. Don Parkhurst.

2000 CFC blows others away

By 1st Lt. Nikki Credic
Public affairs

Although the official Combined Federal Campaign at Davis-Monthan Air Force Base, which started Sept. 18, wrapped up Oct. 31, D-M members are reminded that donations will be accepted until Dec. 15.

The hard work of the more than 300 volunteers at D-M made this year's campaign the best ever. D-M exceeded its goal of \$300,000 and donations are still coming in.

"We are just about to eclipse raising one-third of a million dollars—an incredible amount," said Maj. Richard Harrington, CFC project officer. "There's still time to get on this train."

Harrington explained that the campaign's new strategy ignited D-M's generosity.

"Last year at D-M, approximately one out of every three people participated in contributing to the CFC," he said.

"Our strategy this year was to target organi-

zations where the participation was significantly lower than that and bring their participation up to the level of their peers.

"With a lot of enthusiasm and a positive approach, our key workers reached out to individuals in these units, resulting in the majority of them succeeding in not only meeting their goal, but several far exceeding it."

The campaign's strategy wasn't the only thing that kept D-M's contributions rolling in. According to Harrington, the base's team spirit also played a part.

"At the beginning of the campaign I stated that it's a great time to be at Davis-Monthan, and it's a great time to share," he said. "Apparently a lot of folks agreed."

"This phenomenal amount of money was not raised by one person writing one check. It was from thousands of donations, and the effects of everyone contributing a little bit was dramatic."

Harrington explained that the base's effort not only showed its dedication to meet its goal, but

its dedication to the community as well.

"It's all about being a great neighbor in the Tucson community," he said, "and that's the only thing this campaign was ever about."

"Team D-M has given hope to those battling cancer and heart disease. We've helped give mobility to those who are paralyzed and helped those who are rebuilding their lives; and even lent support to our own 'brothers in arms' here at D-M."

"I am humbled by the generosity shown by Davis-Monthan," he said. "All of our campaign coordinators, unit representatives, and key workers along with the entire base population can go home knowing they've taken part in a truly great and wonderful undertaking."

As for the next CFC project officer, Harrington said "enthusiasm" is key.

"I've heard from some entrepreneurial friends of mine that success doesn't breed enthusiasm, rather enthusiasm breeds success. With an organized campaign, enthusiastic unit reps and key workers, and the continued generosity of Team D-M, the next project officer will share in D-M having another successful campaign."

AFOUA

Continued from Page 1

Combat Command that were recommended for approval. Twelve units were recognized Air-Force wide for their efforts.

Wilkes expressed his feelings about the win by saying, "I am very proud of the men and women who serve in the 355th Wing; this award is a true culmination of all our efforts and hard work to make D-M the best and it could not have been accomplished without each and everyone of you. This is our award! Wear it with pride!"

Units receiving the award have distinguished themselves during peacetime, in actions against hostile forces or action against armed enemies of the United States. The AFOUA is restricted to recognize acts or services that place the unit's performance significantly above that of other units of similar composition and mission responsibility.

"The wing was recognized with this award because 29 different and unique units worked together toward the same goal ... we are "Team D-M,"" said Tony Wachala, 355th Mission Support Squadron customer support element chief.

All military members currently stationed and assigned to a unit under the 355th Wing, during the dates mentioned have had their records updated.

Additionally, the more than 250 members who were assigned to the 332nd Air Expeditionary

Group in Kuwait as part of the AEF 5 rotation, which fell within the authorized time period of June 1999 to May 2000, are also authorized the AFOUA with valor. This was the only unit recognized with the distinction of valor in this selection period.

"The D-M folks literally charged the fray and took the energy that the previous rotation left and doubled it," said Col. Mike Snodgrass, former 332nd AEG commander.

According to Snodgrass the "V" device is especially satisfying. "It is a recognition by the nation that the 332nd AEG served in a unique place and time, in a friendly country whose neighbors could still pose a threat to us and our way of life."

"I am very proud of all of the people who served with the 332nd AEG last year and I am thrilled to have been a part of their success," he continued.

AEF 5 members who were stationed at Ahmed Al Jaber Air Base, Kuwait, must bring a copy of their travel voucher, indicating attachment to the 332nd AEG, to the military personnel flight, Building 3200 Room 5, Awards and Decorations.

Other winning units include 9th Air Force, 53rd Wing, 99th Air Base Wing, 2nd Bomb Wing, 7th Bomb Wing, 1st Fighter Wing, 4th Fighter Wing, 552nd Air Control Wing, 363rd Air Expeditionary Wing and 9th Reconnaissance Wing.

Officers further their education

The following individuals were selected for Intermediate and Senior Service School:

ISS

◆ Maj. Mickey Addison, 355th Civil Engineer Squadron, to Air Command and Staff College;

◆ Maj. Phillip Barks, 354th Fighter Squadron, to ACSC;

SSS

◆ Lt. Col. John Carter, 354th Fighter Squadron, to Harvard National Security Fellows;

◆ Lt. Col. Terry Dickensheet, 42nd Airborne Command and Control Squadron, to NATO Defense College; and

◆ Lt. Col. Robert English, 355th Operations Group, to Air War College.

'LTs' make captain

The following first lieutenants were promoted to captain:

355th Wing

- ◆ Mark Thomas
- ◆ Robert Chatham

355th Medical Group

- ◆ Michelle Olarte
- ◆ Jeremy Hooper

Advertising

Santas

Continued from Page 1

read thousands of letters that have melted her heart. "Some just ask for simple things such as a pillow or pair of shoes."

Payton, who has orchestrated the SIB program for the last four years, has been instrumental in the success of it. She has even generated a newsletter that not only aids in informing the volunteers, but also keeps the SIB history alive.

Santas-In-Blue began in 1965, when one of the missile combat crews from the now deactivated 571st Strategic Missile Squadron decided to collect Christmas toys for Native American children near the missile silos south of Tucson. Each year thereafter, the project grew a little larger and soon involved the entire 390th Strategic Missile Wing. The children of San Xavier Mission became annual recipients. The project expanded to include 12 districts of the Tohono O'Odham Indian Reservation.

With the 12 districts, there were five missions which Santas-In-Blue visited each Christmas. They were San Xavier, Saint Catherine's, San Jose, Yaqui and Santa Rosa. When the 390th Strategic Missile Wing deactivated, the 836th Combat Support Group took the reigns.

However, when the base reorganized in 1991, the 355th Wing took

over the SIB program. Today, not only is participation base-wide, but the community is getting involved. "Local businesses are donating toys and retirees are volunteering their time and making an effort to help out," Payton said.

Because of the magnitude of the program, this year SIB organized a central committee to coordinate and integrate its efforts. The central committee consists of the chairperson, Capt. Christopher Parker, 42nd Airborne Command and Control Squadron, Payton, the vice-chairperson, and nine sub-committees. Each subcommittee has a chairperson that directs their committee. This is necessary because the SIB program will supply toys to more than 1,200 children, ranging in age from 3 to 14 years old, this Christmas.

Military members are needed to provide toys. These toys are typically selected from the child's letter. However, if nothing was specified, the military member is asked to provide a generic gift such as a Barbie doll, football, Walkman, remote control or art supplies. The gifts, must be wrapped, and must not to exceed \$35. Please supply batteries, if required. Please turn your gifts into your squadron representatives by Dec. 4.

Once received the toys will be



Angie Erickson

Is it Santa and his elves? No it's (right) 2nd Lt. Clint Palmer, 355th Operations Group, with (left) Staff Sgt. Lori Payton, vice chairperson of the Santas-in-Blue committee and Airman 1st Class Sara Cox, 355th OG, sorting gifts that Davis-Monthan Air Force Base volunteers will disseminate to Native American children in the area.

delivered to one of five missions and will be distributed by Santa during a Christmas party. Other items that are needed are store bought cookies and presweetened kool-aid for these parties.

Personnel are asked to volunteer their skills in the bicycle shop and as Santa's helpers at the Christmas parties. For more information on the SIB program or how you can volunteer, please call Payton at 8-4305.

Advertising

Air Force officials revamp recruiter selection process

Taking a page from the other services' recruiting duty selection process, the Air Force is ending its all-volunteer recruiter system and adopting a selection-based program.

The Air Force is embarking on a "cultural shift" that will bolster its recruiting force and make recruiting duty an integral part of nearly every NCO's career path, according to Air Force officials.

The program is aimed initially at staff sergeants (and selects) through master sergeants with less than 16 years in service. All career fields will fall under the new policy. The first group of people selected will be named by March 2001.

"While the all-volunteer system served us well in a less competitive environment with fewer recruiters, it can't sustain the number of recruiters with the necessary skills we need to meet our future requirements," said Air Force Chief of Staff Gen. Michael Ryan. The Air Force is seeking to place 1,650 recruiters in the field by August 2001. It currently has approximately 1,364 recruiters.

"We realized one of the key issues we faced is the number of recruiters we have in the field," said Brig. Gen. Paul Hankins, director of the Recruiting and Retention Task Force at the air staff.

"This is a significant challenge right now," he said. "If you don't recruit enough of the right

people with the right skills, the Air Force will have a hard time meeting its mission in the future, which is why we need to get our best NCOs out as recruiters as soon as possible."

Chief Master Sgt. of the Air Force Jim Finch said, "Recruiting, like any other special duty, provides a much broader perspective of the Air Force, and to the men and women who actually go and perform that duty, they learn things about the Air Force that certainly help them when they become senior NCOs."

Hankins said the forced drawdown in the past decade also included a reduction in the number of recruiters in the field.

"They were still able to meet their goals because the number of accessions was reduced to aid the drawdown and military service held strong as an opportunity for our nation's youth.

"However, as the economy grew stronger and the force stabilized, it became more difficult to meet goals with the number of recruiters we had in the field, a number that dropped as low as 890 just 18 months ago," he said.

"The recruit-the-recruiter team went out to bases and organizations and tried to convince people to volunteer to become recruiters, but we couldn't get the number of volunteers necessary to sustain or to grow the recruiting force fast enough," Hankins said.

NCOs on the candidate list will be able to volunteer for specific locations if they desire; however, failing to volunteer does not mean they will avoid selection, according to Hankins.

"It is expected there will be some NCOs selected who do not volunteer for specific locations," he said. "The AFPC and MAJCOMs will work together to ensure individual units or career fields are not adversely impacted by these selections.

This pool will be continually changing as people

get promoted or move in and out of the eligibility window, according to Hankins. AFPC plans to release the initial list to commanders this month.

"We want people to understand that they're going to be part of a large pool of people selected as candidates for recruiting," he said. "However, that does not mean they will necessarily be picked for recruiting duty. A list of available recruiting assignments will go out each cycle and people in the candidate pool can either volunteer for one of the assignments or they can wait to see if they are selected.

"There are only so many recruiting assignments that will come open each year, against a pool of several thousand people. Obviously, if no one in the candidate pool volunteers to take one of the assignments, a person will then be selected," Hankins said.

Once recruiters complete their recruiting tour, they will then return to their primary career field. "We want them to return to their career field as more experienced, better rounded NCOs who can not only do their jobs better, but can better retain our people," he said.

Hankins acknowledged it may be tough for people to accept this new system. "Many people feel there is a stigma to being a recruiter," he said, but he believes NCOs will rise to the challenge.

"People may initially hesitate and may think this is not in their best interest, but when they get to their assignment location we believe they will step to the plate and give an outstanding effort," he said.

When it's over, I feel most of them will say it was a great job, and we will do our best to give them the tools to do their job and to do it well." (Courtesy Air Force Print News)

Advertising

Levitow's legacy will live forever

By Senior Airman Oshawan Jefferson
Air Force Print News

America lost a hero Nov. 8 when John Levitow, enlisted recipient of the Air Force Medal of Honor, died at his home in Connecticut after a lengthy battle with cancer.

"This was a sad day for our Air Force," said Chief Master Sgt. of the Air Force Jim Finch. "John Levitow for years has been woven into the fabric of enlisted heritage. Through his heroic efforts he was the embodiment of our core value 'service before self.' His name has become synonymous with excellence, and his legacy will continue to live in the hearts and minds of all Air Force members today and well into the future."

Levitow received the Medal of Honor after an incident on Feb. 24, 1969. At that time, he served as a loadmaster aboard a severely damaged AC-47 gunship over Long Binh, South Vietnam. Suffering from more than 40 shrapnel wounds in his back and legs from a mortar blast, he saw a smoking magnesium flare amid a jumble of spilled ammunition canisters. Despite loss of blood and partial loss of feeling in his right leg, Levitow threw himself on the flare, hugged it close, dragged himself to an open cargo door and hurled the flare out. Almost simultaneously, the flare ignited harmlessly outside the door and away from the munitions.

"Sergeant Levitow served during a war in which heroic acts were commonplace, but by any

standard, his courage that night was extraordinary," said Secretary of the Air Force Whit Peters. "His selfless actions saved not only his own life but the lives of seven others. For three decades he has been an inspiration to all of our airmen — enlisted, officers and civilians."

In recounting the event, Levitow said he remembered the pilot yelling back to the crew, but didn't remember anything after that. All members in the cargo compartment were wounded, according to history reports. The aircraft sustained more than 3,500 fragment holes in the fuselage and a two-foot wide hole through the right wing.

"What I did was a conditioned response," Levitow said about the incident in 1998. "I just did it. The next thing I remembered was seeing the landing strip."

President Richard Nixon presented the Medal of Honor to Levitow on Armed Forces Day, May 14, 1970, at the White House.

After his Air Force service, Levitow continued a close relationship with the military. He spent 22 years devoted to veterans affairs, and later worked in Connecticut developing and designing veteran programs.

Since his heroics in 1969, the Air Force has honored him

in many different ways. He has been a part of the Air Force Professional Fitness Exam booklet and as any NCO who has pored over the promotion books knows, Levitow was the lowest ranking airman in history to earn the Medal of Honor.

The Levitow Honor Graduate Award is presented to the top professional military education graduate from Air Force Airman Leadership Schools.

The 737th Training Group Headquarters building at Lackland Air Force Base was named in his honor.

Air Mobility Command named a C-17 Globemaster III after the Air Force's most well known enlisted Medal of Honor recipient in 1998. "The Spirit of Sgt. John L. Levitow" is the first to be named for an enlisted person.

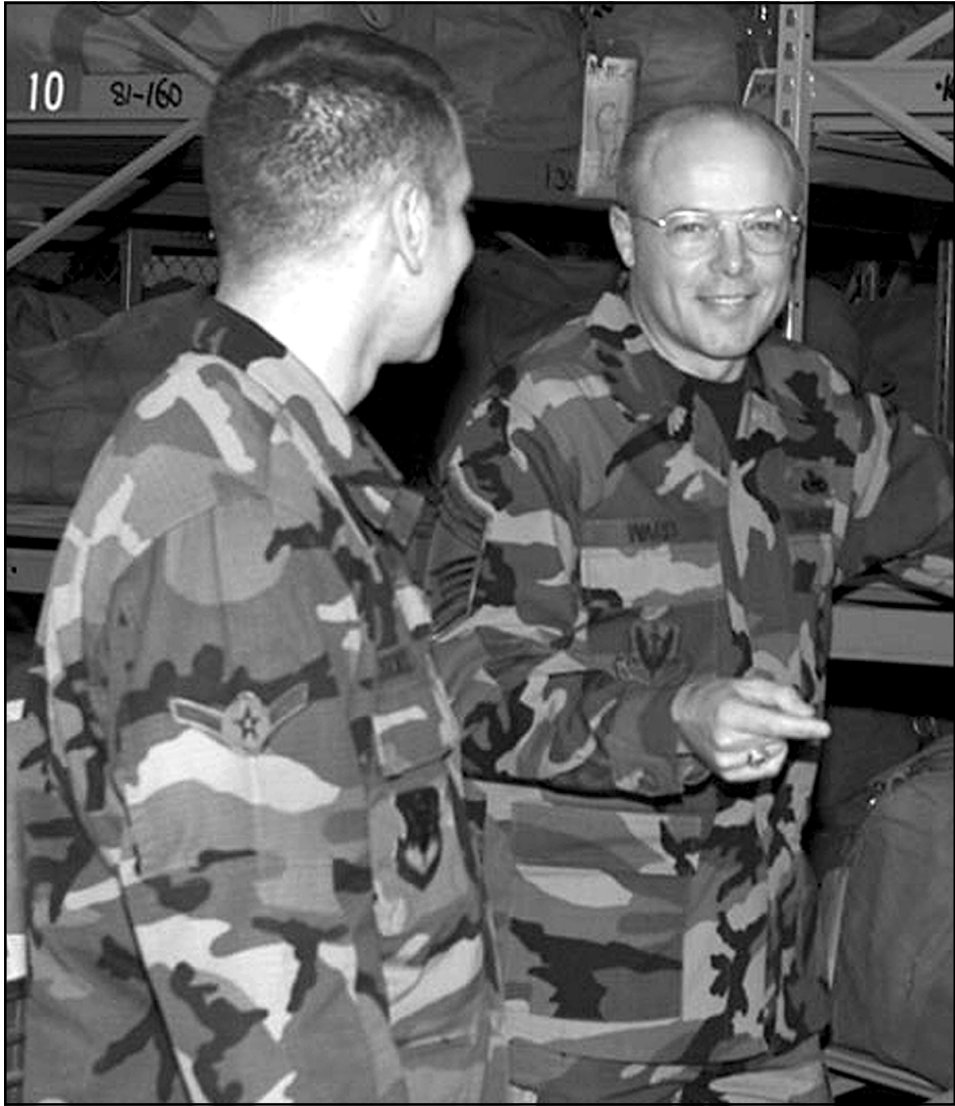
Hurlburt Field, Fla., honored Levitow in 1998 by making him part of their Walk of Fame, which honors Medal of Honor recipients.

"John Levitow was a living legend, a true hero to the Air Force family," said Gen. Michael Ryan, Air Force chief of staff. "His courageous, selfless combat actions demonstrate the essence of our core values and will forever serve as a standard for individual sacrifices and service. We will miss him. Our thoughts and prayers of comfort and peace are with the Levitow family."

Levitow's burial, with military honors, took place Nov. 17 at Arlington National Cemetery. He was 55.



Advertising



Chief Master Sgt. Glynn Ward (right) talks with Airman Jeremy Rodrigues during a visit to the 355th Supply Squadron's Mobility Section. Rodrigues is a mobility technician for the squadron.

Senior Airman Amie Gannon

Stay or go?

By Chief Master Sgt.
Glynn Ward
355th Supply Squadron

Recently, a young, aggressive, energetic, and highly visible staff sergeant came to me for some advice concerning his re-enlistment. I was surprised by his visit because I just expected this particular NCO to be a career person and I couldn't believe he came to me for advice. The person in question, is a six-year enlistee, well on track for a successful career, and is completely aware of the advantages and benefits of a military career. In fact, he didn't even want to discuss or consider benefits as part of the choice to stay or go. He was already aware of how important the benefits were to his life and still he questioned whether he wanted to make the Air Force a career. He wanted to know and understand what would make a person stay or go.

With little notice and since he caught me by surprise, (I never thought he was in doubt) I could only resort to one issue. An issue very close and per-

sonal to each and every one of us: goal achievement. I proceeded to ask him a series of questions like, Why did you come in the Air Force? Since you've been in, have you satisfied your goals? If you have satisfied your goals, what are your new goals? How will, or can, you satisfy your goals if you get out?

He could not answer these questions to his own satisfaction. He certainly knew why he came in the Air Force but he could not, with all honesty, say his goals were satisfied. His goals were things like advanced education, improved financial security and travel.

He had not completed the level of education he had expected to complete at this point in his career. Financially he had not saved as much as he thought he would. And Davis-Monthan was his only base, so travel certainly wasn't satisfied. So again I asked him, how will or can you satisfy your goals if you get out?

Silence, uncertainty, and bewilderment crossed over his

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Welcome to Davis-Monthan






Brig. Gen. (Dr.) Gary Murray, Commander, Air Force Medical Operations Agency
Col. (Dr.) Allan Hancock, Director, Dental Services, Air Force Medical Operations Agency
Brian DeMoss, Western Region Area Manager, Army and Air Force Exchange Service

355th Wing Flying Goals

	Hours			Sorties	354th 357th 358th		
	41st	42nd	43rd		FS	FS	FS
Goal	260	325	233		517	340	365
Flown	183	219	196		380	267	274
Delta	-1	-19	39		15	12	-3
FY 2001	13	-11	26		-7	-20	-37

Current as of Wednesday

December Promotion Line Numbers

				
5237 - 6968	3670 - 4645	2530 - 3170	0859 - 0993	0437 - all remaining

Uniform issue -- When can I begin to wear the black navy watch cap with the BDU? **ANSWER:** According to the base supplement to Air Force Instruction 36-2903, the black navy watch cap is authorized for wear between Nov. 1 and March 31. Contact your first sergeant or commander for more information or guidance. Wear your uniform with pride! (Courtesy of 355th Mission Support Squadron Personal Affairs Element)



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Legal gives holiday guidance on partying with supervisors and contractors

By Capt. Alexis Stackhouse
355th Wing Legal Office

The holidays are right around the corner and many offices and shops are beginning to think about the office holiday party or get-together.

While such activities are great morale builders, the inclusion of a contractor adds some ethical considerations.

There are several rules that come into play whenever you "party with the contractors."

However, the most important of these during this time of year is the rule regarding gifts.

This rule is in effect at all times, but with the beginning of the holiday season, it is important to make sure that everyone is aware of it.

- A superior may not accept a gift from a subordinate who re-

ceives less pay. Like the rules for contractors, there are some exceptions.

On an occasional basis, superiors may accept gifts, other than cash, of \$10 or less from a subordinate. (i.e. the "Secret Santa" gift)

Food and refreshments may be considered a gift.

Therefore, it is governed under this rule as well. Superiors may accept food and refreshments shared in the office by other employees.

Superiors may accept gifts of the type and value customarily given for personal hospitality at their residence.

Federal employees may not accept gifts from contractors or contractor personnel. However, like all rules, this one has some exceptions.

The employee may accept a gift from a contractor that does not



Senior Airman Amy McBeth

Capt. Alexis Stackhouse (left) advises a client on a legal matter. Stackhouse is the Chief of Legal Assistance and Preventive Law for the 355th Wing Legal Office.

exceed \$20 provided the employee has not accepted other gifts from the contractor, that when accumulated, exceed \$50 a year.

A federal employee may accept gifts that are based on a bona-fide personal relationship where such

gifts are paid for by the contractor employee from their own funds.

Federal employee's may generally attend a contractor's open-house or reception if it is a widely-attended gathering and the employee's supervisor determines that it is in the agency's best interest that the employee attends.

Federal employees may accept invitations that are open to the public, all government employees, or all military personnel.

Federal employees may accept invitations offered to a group or class that is not related to the Government.

In your office, there are even more rules that govern "partying with supervisors."

Often the office will play Secret Santa, pull names for gift giving or have an office holiday party.

While this may seem like harmless enough, please be sure that you follow the rule of gift-giving to supervisors.

We hope your holidays are filled with fun and delight.

Careful adherence to the gift-giving rules will leave you with one less headache and a lot more Ho! Ho! Ho!

Stay or go

Continued from Page 9

face. He thought he could get a good job back at home, but did not know what benefits the position provided and could not say, "I have the job."

After nearly an hour-and-a-half of conversation we came to some other issues that were also bothering him.

His current job, although marketable in the civilian community, was not providing the satisfaction he had expected, his office relationships were not as rewarding as he had hoped, and he felt like he was just stagnating.

Some very interesting thoughts came out as we continued to talk.

The military has one great advantage over civilian jobs; all of us move at some

time or the other.

This is especially important when we feel less satisfied than expected, don't have positive working relationships, or just find it hard to get motivated.

When we don't like our boss, one of two things eventually happen, you or your boss will move.

In a civilian job, the people we work with are there until retirement unless someone quits.

I shared these thoughts with him and reassured him the Air Force is more than Davis-Monthan, more than the current pool of co-workers, and more than this one job.

However, each of us owns the responsibility to make the best of each situation,

work on the issues causing us displeasure, and many times our perception of the situation may make things worse than they really are.

He still has not decided, but has extended his enlistment to accept another assignment. He has a new-found excitement about this change and, who knows, maybe the Air Force will get to keep this young, aggressive, energetic, and highly-visible staff sergeant. I certainly believe the Air Force will be a much better place with him as a member.

So, when you are considering the big question to stay or go, seek the advice and thoughts of others (friends, co-workers, relatives, supervisors) and don't forget to evaluate your personal goals.

Advertising

Protect yourself from sexually-transmitted diseases

By Capt. Dawn Black
355th Medical Group

Each year, 15 million Americans will be infected with a sexually transmitted disease. Why so many? Because many people who have been diagnosed with an STD didn't think that they needed to protect themselves. They believed in the fallacy that you could tell by a person's looks or actions that they have an STD.

The problem is that many STDs are "silent," meaning that there are no noticeable symptoms. The bottom line is unless you practice abstinence, or are in a long-term mutually monogamous relationship, you are susceptible to contracting an STD.

Sometimes there are symptoms of STDs such as burning with urination, foul-smelling discharge from the vagina, penis, or anus; bumps, sores, or itching in the genital area; or pain or tenderness in the genital area. Women who have contracted an STD who do not seek treatment are at risk for complications such as pelvic inflammatory disease. PID is an infection in the uterus, fallopian tubes and ovaries, and can cause infertility and chronic pelvic pain. Here are some of the most common STD's:

Chlamydia: a bacterial infection of the genital area that affects more than 4 million Americans each year.

What are the symptoms? Approximately 75 percent of women and 50 percent of men have no symptoms. Some women may have abnormal vaginal bleeding, unusual vaginal discharge, or abdominal or pelvic pain. Men may have discharge from the penis or swollen and/or painful testicles.

How is it spread? Through vaginal or anal intercourse.

How is it diagnosed and what is the treatment? It can be diagnosed with either a urine sample or with a sample from a woman's cervix or a man's urethra. It is treated with antibiotics. Both partners must be treated at the same time to prevent passing the infection back and forth. Both partners must also not have sex until the infection is gone.

Gonorrhea: a bacterial infection of the genital area that affects 800,000 Americans a year.

What are the symptoms? The early symptoms of gonorrhea are mild and most men and women have no symptoms. In women it may cause a painful or burning sensation when urinating, vaginal discharge that is yellow or bloody, or abnormal vaginal bleeding. If untreated, it can lead to PID. Men usually have symptoms such as yellow-green discharge from the penis and a burning sensation during urination.

How is it spread? Through vaginal, oral, or anal intercourse.

How is it diagnosed and what is the treatment? It is diagnosed by taking a sample of fluid from the cervix or penis and sent to a lab. It is treated with antibiotics. Both partners need to be treated at the same time to prevent sharing of the infection. Abstinence is needed until the infection is gone.

Human papilloma virus: the most common STD in the United States. It newly infects 1 million Americans per year. Approximately 40 million people in the United States are already infected. HPV is the name of a group of more than 100 viruses. The different types of HPV can cause visible genital warts or can cause no symptoms. Certain types of

HPV are linked to cervical cancer. HPV is present in 99.7 percent of cervical cancer!

What are the symptoms? Genital warts are caused by infection with HPV. These warts can occur in and around the vagina, cervix, penis, and/or anus. They can appear as a fleshy, small raised growth with a cauliflower-like appearance. However, many people have no symptoms.

How is it spread? It is spread through vaginal or anal intercourse, or by touching or rubbing an infected area. Rarely, genital warts also can develop in the mouth or throat of a person who has had oral sexual contact with an infected person.

How is it diagnosed and what is the treatment? The possible presence of cervical HPV infection may be detected by a Pap smear test. It can also be detected by direct visual examination. Treatment with medications, freezing, or surgery can remove warts. However, there is no cure. The virus remains in the body and can cause further outbreaks.

Genital herpes: a viral infection of the genital area that affects between 200,000 and 500,000 Americans each year. There are two kinds of herpes. Approximately 40 million Americans already have the virus.

What are the symptoms? Two-thirds of people who are infected with herpes do not know it. It can cause red bumps on the genital area that turn into painful blisters or sores on the vagina, penis, buttocks, thighs, or elsewhere. The first outbreak of herpes is the worst. A lot of people experience fever, headaches, and a burning sensation with urination when they have their first outbreak. Symptoms usually appear within 2

to 20 days of infection.

How is it spread? It is spread by touching an infected area or having vaginal, oral, or anal intercourse. Genital herpes can be transmitted with or without the presence of sores or other symptoms. It is often transmitted by people who do not know they are infected.

How is it diagnosed and what is the treatment? It can be diagnosed by visual inspection or by taking a sample from the sore(s). Antiviral medications can be given to shorten and prevent outbreaks. There is no cure for herpes.

The only one who is going to protect you against a potentially life-threatening STD is you. Though chlamydia, gonorrhea, HPV, and herpes are some of the most common STDs, unsafe sex can also lead to some of the more serious STDs such as HIV, Hepatitis B (a viral infection that affects the liver), and syphilis.

Though condoms do help prevent the transmission of some STDs, they don't protect you completely. For example, viruses such as HPV and genital herpes can be spread even if condoms are used. These viruses can be present on parts of the genitalia that are not covered by the condom.

The only way to ensure you do not get a STD is to not have unsafe sex. If you are in a monogamous relationship and have decided not to use condoms, get checked first. If either you and/or your partner have had unprotected sex with other partners, getting checked out now may save heartache later. Think you may have been exposed to an STD? Call and make an appointment with your healthcare provider and get checked.

Advertising



Senior Airman Amy McBeth

Karen Eppley is a staffing assistant for the 355th Mission Support Squadron.

Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)

Karen Eppley is a familiar face in the civilian personnel world.

As a staffing assistant for the 355th Mission Support Squadron's Civilian Personnel Flight, she is responsible for staffing all the GS-07 and below positions for the base.

She has served the Department of Defense for more than 26 years, and is currently charged with advising employees on registering in such programs as the Career Program, Central Skills Bank, Priority Placement Program and the Military Spouse Program, in addition to staffing those grades under her purview.

The married mother of four (and grandmother of 11) said she likes the people best in her job,

whether in her office or elsewhere on base. "They make coming to work something to look forward to."

Eppley hails from Algona, Iowa, and enjoys quilting, reading and crafts when she's not busy in Davis-Monthan's Civilian Personnel office.

"Karen always displays a positive, can-do attitude regardless of the situation," said Karen Young, chief of the civilian personnel flight. "Her excellent customer service skill and outstanding performance of filling civilian job vacancies has made her an invaluable asset to all of us."

Eppley has been at several assignments during her tenure with the DOD, and she said she likes all of them equally.

"I think everywhere we have gone, there has been something great about it.

"Unless you live somewhere a while, you can't really begin to get to the know the people or places."

Eppley said her inspiration is D-M's civilian personnel officer.

"Karen (Young) always has the greatest disposition (always a pleasant smile), always knows the answer to any question (or where to find it), and always has time for everyone."

Advertising

Innovator of the year

Invention nets big payoff for civilian

By Karen Halstead
Public Affairs

When you hear the TF-34-100A engine wind-up, the signature sound tells you it's an A-10 without even looking. But when you hear that engine, you wouldn't even give a second thought to all the oil pressure maintenance problems that keep the maintainers fast at work.

The TF-34-100A uses oil just like a car does; it has an oil pressure gauge and the maintainers have special equipment to diagnose oil pressure difficulties.

Not so long ago, when they didn't have this equipment, taking care of oil pressure problems in this engine was more like a guessing game, according to Tech. Sgt. Danny Loveday, 355th Component Repair Squadron propulsion craftsman.

"The BW-1 tester really saves us a lot of man-hours because we can narrow down the pressure problem to a specific part of the engine," Loveday said.

The BW-1 is the original prototype equipment produced at Davis-Monthan Air Force Base in April 1996.

The BW-1 named after its inventor, Robert Wyatt, is known as the Engine Oil System Tester. Today, production of this test equipment is by a commercial contractor. It performs more tasks than the prototype was designed for.

Wyatt retired as a master sergeant from D-M in 1981 and has worked in the 355th Logistics Group since 1982 as an Air Force engineering technician.

With many years of active-duty and civil service years combined working on A-10 engines, he knows the problems with isolating oil pressure problems.

"When you couldn't find the problem with the oil pressure on the flight line, you would have to pull the engine off the wing," Wyatt said. "In the shop it could take anywhere from 200 to 410 man-hours to isolate and repair the problem."

"We were spending a lot of money and man-hours with the upkeep on these jet engines," he said. "These engines are expensive. The more parts we had to remove from the engine just to find out that part wasn't the problem, the more money we spent trying to fix the oil pressure problem."

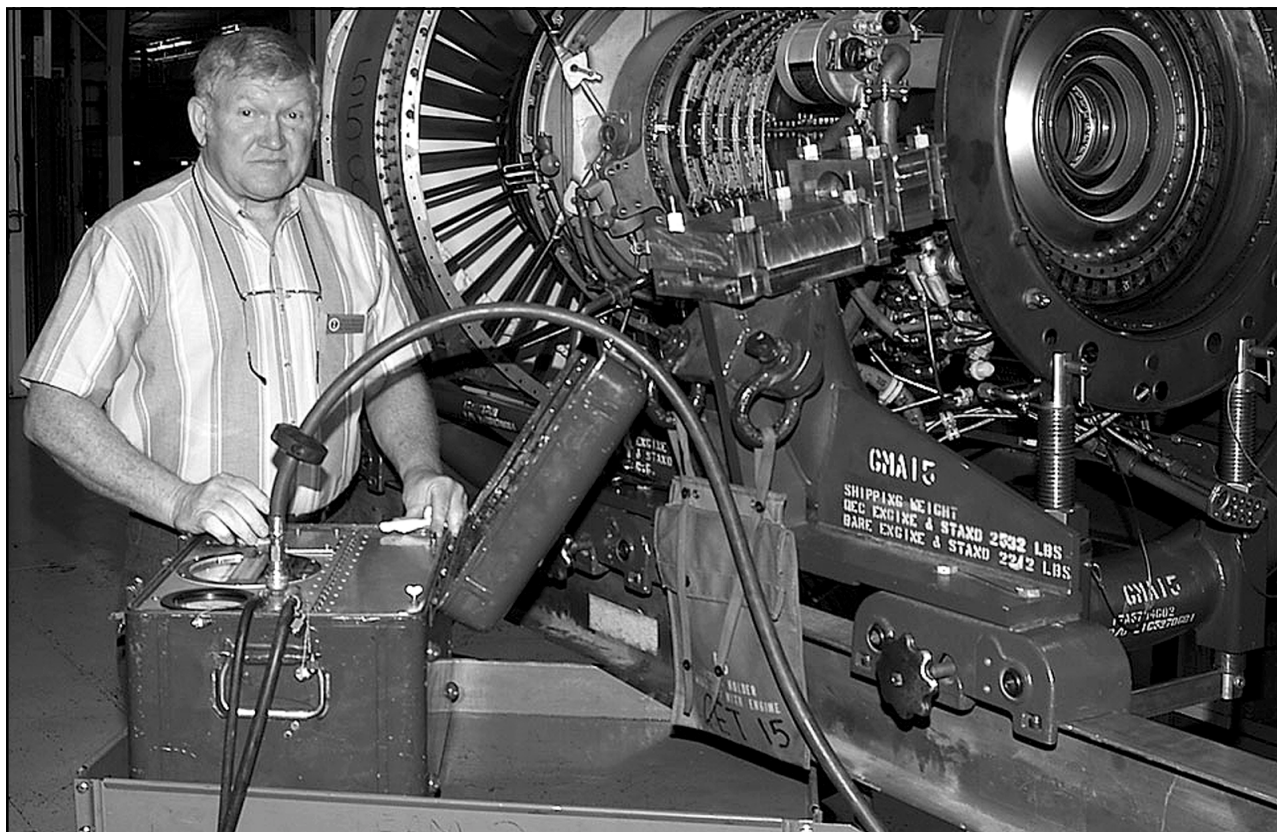
So in 1995, Wyatt set out to develop a tester that would help in isolating where the oil pressure problems were.

His prototype, BW-1, still resides at D-M. His invention is now used not only in the military, but also in the aircraft industry, according to Wyatt.

"I developed the tester for the Air Force to help our guys," he said. "It really doesn't matter if I get anything out of the invention."

Now, five-years later, after he first conceived the tester, he received \$10,000 for his invention through the IDEA program, the maximum amount allowed by the Air Force IDEA program.

The tester is now used for more than its initial intent. It not only has proven its worth as a diagnostic tool, but also as a preventative maintenance tool.



Photos by Staff. Sgt. Jeremiah Erickson

(Above) Robert Wyatt is shown with the BW-1 Engine Oil System Tester that earned him Innovator of the Year honors and a \$10,000 reward from the IDEA program. (Left) Wyatt makes some adjustments on the BW-1 in his shop at the 355th Logistics Group.



It is also used during the engine assembly process to validate serviceability of components prior to complete build-up. The tester is lightweight and can be used either in-shop or on the flight line. Its portability is a plus, according to Loveday.

In layman's terms, this test equipment can be compared to a blood-pressure cuff. Just like a blood pressure cuff is used to tell the person the pressure of his blood, the tester tells the maintainer of the oil pressure in the TF-34 engine.

Wyatt said D-M, Shaw AFB, S.C., Navy units at Naval Air stations Jacksonville, Fla. and North Island, Calif., and Eielson AFB, Alaska were all involved in a year of testing.

"At D-M, we took about 100 new engines and tested them," he said. "Then we would remove o-rings and lines to simulate other oil pressure conditions. We were simulating all types of oil

pressure problems so we could set our limits on the tester."

The tester is used on four different areas of the aircraft to troubleshoot and isolate oil pressure problems. "This tester has cut down on troubleshooting time by 75 percent," said Chief Master Sgt. Norman Breton, CRS propulsion flight chief. "The BW-1 prototype has been sent all over the United States."

"When it was first developed, units would fund overnight shipping fees so they could use it to isolate problems they were having with a TF-34 engine. It's a very effective piece of equipment."

"This tester is just one example of the things Bob Wyatt does for us," Breton said. "It's a day-to-day thing for him to find a way or develop something for us to make our job easier. This tester is an outstanding example of the many outstanding contributions he makes to our Air Force."

"Everything he makes, he does so to help us out," Loveday said of Wyatt's contributions.

"I don't think it's in his job description to design things like this, but he does," Breton said. "It's nice to see him being recognized for his contributions."

This piece of test equipment was patented by the Air Force, with Wyatt as the inventor. His invention saved the Air Force more than \$5.2 million the first year of use.

Col. Bobby Wilkes, 355th Wing commander, awarded Wyatt his \$10,000 IDEA Award, Tuesday. Wyatt went on to represent D-M in the Air Combat Command Innovator of the Year competition.

355th Wing makes D-M home

(Editor's note: This is the final article of the three-part series about the 355th Wing's history, commemorating its 58th anniversary)

About six months after the 355th Tactical Fighter Wing inactivated in Thailand, it moved to its new home at Davis-Monthan Air Force Base and activated July 1, 1971.

At the time, D-M was home to a McDonnell-Douglas F-4C Phantom II training wing, while other units conducted drone (unmanned aerial vehicles) operations.

The 355th TFW slowed F-4 training in preparation for Vought A-7D Corsair II training. The first two A-7s arrived at D-M July 16.

At the close of October 1971, all F-4s were gone and personnel continued to train on the wing's new mount, the A-7.

In August 1972, after months of instruction and exercise participation in the United States and overseas, leaders declared crews and support combat-ready.

From then until the end of 1974, 355th TFW members deployed to Thailand to augment the 354th TFW, this included flying combat missions.

Members also equipped a detachment at Howard Air Base, Panama, with personnel and aircraft, and kept up its A-7 training commitment and drone operations.

March 2, 1976, wing members hailed the arrival of their first Fairchild Republic A-10 Thunderbolt II. Next, the 11th Tactical Drone Squadron, with their

Lockheed DC- and RC-130 Hercules and Ryan -34 series drones, left the wing. A major change for the wing came Sept. 30, 1976 when it took control of D-M.

Prior to this, the now-inactivated Strategic Air Command ran the base.

Revisions came when Air Force leaders decided to fully replace the A-7s with A-10s.

The wing became the 355th Tactical Training Wing Sept. 1, 1979, followed by the last A-7 flight Oct 2. The wing's mission now rested solely on A-10 training, having no further combat commitments.

More changes came Oct. 1, 1981 when the 836th Air Division activated at D-M.

In addition to the air division being the wing's immediate headquarters, the 355th TTW also lost its support role.

Personnel continued with A-10 pilot training and welcomed another tenant unit, the 602nd Tactical Air Control Wing, Sept. 2, 1982.

Exercise involvement and deployments to overseas locations (mainly in Europe and Central and South America) increased and aided members with their training mission.

In late 1990, the wing deployed 53 people to forces participating in Operation Desert Storm. More importantly, the wing had trained all A-10 pilots participating in the conflict.

After the conclusion of the Gulf War, Air Force leaders commenced with more organizational changes.



Tech. Sgt. Lem Robson

The final addition to the wing came in July of 1994, when the 42nd Airborne Command and Control Squadron (formerly the 7th ACCS) members arrived from Keesler Air Force Base, Miss., with their EC-130E Airborne Command, Control and Communication aircraft.

The first came Oct 1, 1991, when the wing became the 355th Fighter Wing.

The next occurred May 1, 1992, when Air Force leaders made a policy of 'one base - one boss,' which led to inactivation of all air divisions.

Besides gaining three new groups (Logistics, Medical and Operations), an old one with a new name (Combat Support Group to simply Support Group), and the resultant support squadrons, the wing also gained the 41st and 43rd Electronic Combat Squadrons, equipped with Lockheed EC-130H Compass Call aircraft.

While residents of the base for years, the two squadrons now came under control of the wing.

No longer a pure fighter wing, the name changed to the 355th

Wing.

These changes saw the wing regain a wartime commitment with squadrons again deploying to contingencies in Asia and Europe. One month later Air Combat Command (formed from merging Strategic Air Command and Tactical Air Command) became the wing's major command.

The final addition to the wing came about July 20, 1994, when the 42nd Airborne Command and Control Squadron, formerly 7th ACCS, members arrived from Keesler Air Force Base, Miss., with their EC-130E Airborne Command, Control and Communication aircraft.

While at D-M, the wing has received three Air Force Outstanding Unit Awards. *(Courtesy 355th Wing History Office)*

Korean War remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events

related to the Korean War.) This week in 1950, the following significant Air Force events occurred:

Nov. 24: To support the United Nations offensive beginning this day, B-29s attacked North Korean communications and supply centers and Yalu River bridges, while 5th Air Force fighters intensified close air support

missions, and Far East Air Forces Combat Cargo Command air-dropped ammunition to front-line troops.

Nov. 25: Chinese Communist forces launched a major offensive and, with almost double the number of Army Gen. Douglas MacArthur's U.S. troops, stopped the UN offensive completely. The Royal Hellenic Air Force Detachment, a C-47 transport unit representing Greece's airpower contribution to the war, arrived in the Far East and was attached to FEAF.

Nov. 26: Air Force B-26s flew their first close air support night missions under tactical air control party direction. The 3rd Bombardment Group flew 67 B-26 missions along the Eighth Army's bomb line in a five-hour period. Still,

the enemy drove the Eighth Army in northwest Korea and the X Corps in north-east Korea southward.

Nov. 28: The FEAF Combat Cargo Command began a two-week airlift of supplies to U.S. troops, whom the Chinese had surrounded in the Changjin Reservoir area. From Yonpo, North Korea, the 35th FIG flew intense close air support missions for the encircled forces. For the first time, B-26s, using a more accurate radar than previously, bombed within 1,000 yards of the front line. A communist aircraft bombed U.S.-held Pyongyang Airfield, badly damaging eleven P-51 Mustangs on the ground. General MacArthur informed Washington that he faced "an entirely new war."

Squats

Strong legs part of balanced body package

(Editor's note: This is the sixth (and final) in a series of articles on bodybuilding and weight lifting. The series is designed to give the beginning or average weightlifter some insight on training and weight selection to ensure maximum results without over-training. If you are happy with the results you are currently getting from your present routine, please continue training the way you are. The articles are being produced jointly by the 355th Wing Public Affairs Office and Bill Sibole, former Army weightlifter and body builder. The primary reference is "Getting Stronger - Weight Training for Men and Women" by Bill Pearl and Gary Moran.)

One of the best overall growth exercises is the "granddaddy" of all exercises ... the squat.

There are many variations of this exercise - front, hack and back.

It is imperative to have strong stomach muscles when squatting, and a weight belt is definitely recommended when doing

this exercise.

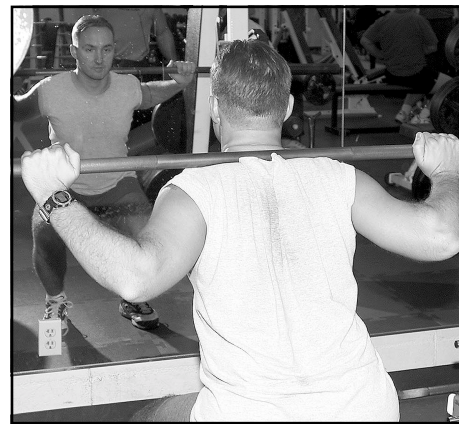
It takes virtually every muscle group to squat down parallel and back to the starting position.

The safety rack is the best place to do this exercise, as the bars can be placed on each side of the lifter and he/she can stand in the center for maximum stability.

Place the bars evenly on each side allowing the lifter to squat parallel. The advantage of the safety rack is that it provides several levels where the lifter can stop with the bar in the event they are unable to complete the lift; and preserve their back for future lifts.

Knee wraps are recommended for heavy lifting, as they give extra support, and again, the weight belt is a good idea as it provides stability for the lower back and supports the stomach muscles as well.

If the lifter is just beginning to squat, start with the bar out and do 10 to 12 repetitions with light weight to get used to the form and motion required.



Senior Airman Amy McBeth

It's important to keep the back straight during the squat and maintain as much of an upright posture as possible. Kunkel demonstrates proper form here.

Place the bar across the trapezoid muscles, not resting on the neck at all. Breathe air in at the starting position with the feet at least shoulder width apart. Squat down to parallel and exhale as the lifter rises to the starting position.

Remember to keep as erect as possible, and do not look at the ground, as this will force the lifter to lean forward, using

improper posture and increasing the chance for injury. A good idea is to pick a spot in the front and focus on that as you squat.

If the lifter has a problem with leaning too far forward, place a small barbell plate under the heels. This should help keep the lifter in a more upright position. Once the correct position is mastered, the plates can be removed.

As the legs get stronger, the weight can increase, but no more than 135 pounds is suggested for beginning lifters. Each set should be about 10 repetitions, increasing the weight with each set.

When the legs are really strong, there is virtually no limit to the amount of weight that can be lifted. The quadriceps (front of thigh) and hamstrings (back of thigh) are large muscles that need to be worked hard to grow significantly.

Lifters with large upper bodies and small legs must include squats as part of their total workout routine. Interestingly enough, when the lifter does squats to build the lower body, the other lifts (arms, back, etc.) will increase as well.

Calf raises are also a good compliment to completing the workout of the legs. Three sets of 20 repetitions (shoes off) will accomplish a full stretch.

While men are primarily doing these exercises, women can benefit from the squat as well. Many women prefer the leg raises, or some other form of exercise, but it has been proven that women too can benefit from the squat. The suggestion is to do light weight and high repetitions.

The squat will also help reduce the workout time required for women who do hundreds of leg raises instead of squatting.

Hopefully these tips have given you some things to think about in your workout. Don't be afraid to ask people you see at the gym - who appear to be experienced weight lifters - for help and encouragement. You won't regret it.



Senior Airman Amy McBeth

Dan Kunkel demonstrates proper form for completing the squat exercise at the Haeffner Fitness and Sports Center. Kunkel is a network security technician for the 355th Communications Squadron

Sports Shorts

Military marathon discounts

Officials at the Tucson Marathon, Half Marathon and Marathon Relay are offering military discounts to interested participants. The event is Dec. 3 at 7:30 a.m. and starts in the town of Oracle. The finish line is at the Sheraton El Conquistador in Oro Valley. Military discounts apply to both individuals and teams, and there is also a discount offered for military for the pasta dinner the evening before the race. More information is available at www.tucsonmarathon.com, or call the hotline at 320-0667. A marathon expo will be held Dec. 2 from 8 a.m. to 5 p.m. at the El Conquistador.

Football Frenzy Mondays

Football Frenzy is every Monday at the Desert Oasis Club. Fans are invited to the club every Monday for NFL football, snacks, pizza, wings and beverage specials. Valuable local prizes will be given away every week. Members and their guests can win mini footballs, sports bags and pullovers and a \$150 MasterCard gift card. National prize winners go to the San Francisco-San Diego game, Dec. 3, the Tampa Super Bowl, Jan. 28, and the Honolulu Pro Bowl, Feb. 4. Trips include airfare and hotel accommodations for two, and a rental car. Only club members (either club) are eligible for national prizes.

Sponsors are SatoTravel, Miller Brewing Co., American Airlines, Comfort Inn (San Diego), Double Tree Alana Waikiki (Pro Bowl), and Air Force Clubs (no federal endorsement intended). Call the Desert Oasis at 748-8666.

Skeet and trap open weekends

D-M's modern skeet and trap ranges open at 8 a.m., Saturdays and Sundays. Military shooters pay \$3 a round; civilians pay \$3.50. Per-round savings are available for purchasers of annual range fees. Ranges are at the east end of Yuma Road, adjacent to the small arms range. Call outdoor recreation at 8-3736.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week. Call 8-3714 for more information.

Monday - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)

Tuesday - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)

Wednesday - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)

Thursday - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)

Friday - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)

Saturday - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

Golf tournament

The 355th Contracting Squadron is holding its 2000 Holiday "Tee-Off" golf tournament Dec. 15 at the Blanchard Golf Course. Cost is \$100 per team (\$25 per person) for the four-person select shot (scramble) format tournament that has an 11 a.m., shotgun start.

First-place prize is a golf package for four to Heritage Highlands (no federal endorsement intended). Call Bret Zieman at 8-5458, or Travis Sippel at 8-4156 for more information.

Advertising

Scoreboard

Bowling

Intramural - American

(Week 12)

Team	W-L
42 ACCS #2	60-28
42 ACCS #1	54-34
MDG #2	50-38
41 ECS #1	48-40
CONS	44-44
MDG #1	38-50
OSS	36-52
43 ECS	24-64
High Scratch Game (Team): 41	
ECS #1, 974	
High Scratch Series (Team): 41	
ECS #1, 2793	
High Scratch Game (Men): Carlos	
Acosta, 244	
High Scratch Series (Men): Scott	
Allison, 629	
High Scratch Game (Women):	
Laurel Brewer, 158	
High Scratch Series (Women):	
Roxanne Thornton, 441	

Intramural - National

(Week 12)

Team	W-L
12 AF #1	55-33
AMARC	55-33
SVS	54-34
AMMO	54-34
TRANS	48-40
25 OWS	42-46
MSS	42-46
SUPS	40-48
12 AF #3	40-48
CRS	38-50
COMM	34-54
358th Wrekin Krew	26-62
High Scratch Game (Team):	
AMARC, 983	
High Scratch Series (Team): SVS,	
2775	

High Scratch Game (Men):	
Thomas Taylor, 269	
High Scratch Series (Men): Lafe	
Moore, 689	
High Scratch Game (Women):	
Sanora Brunson, 185	
High Scratch Series (Women):	
Paulita Trezevant, 490	

Tuesday Early Risers

(Week 11)

Team	W-L
Hit and Miss	58-30
Ally Kats	48-40
Wee Bee Bad	45-43
Hot Cats	44-44
Dream Catchers	43-45
OUI 3	42-46
The Monarchs	42-46
Soon's Runway	30-58
High Scratch Game (Team): Hit	
and Miss, 527	
High Scratch Series (Team): Ally	
Kats, 1401	
High Scratch Game: Hanna	
Jarvis, 204	
High Scratch Series: Diana Scott,	
526	

Phantom Mixed

(Week 9)

Team	W-L
The Cajuns	51-21
So So's	48-24
Strike Force	46-26
Lucky Seven	39-33
Sweet Revenge	36-36
Strikebusters	36-36
The Dizzy Four	35-37
Alley Oops	34-38
Six Pack	33-39
Rat Pack	28-44
Avengers	22-50

OWC

(Week 9)

Team	W-L
Lady Flyers	64-8
Coyotes	44-28
Alley Cats	36-36
The Eastsiders	36-36
Snuffers	36-36
KIDDS	36-36
Splitsters	30-42
High Scratch Game: Mary Jo	
Davee, 181	
High Scratch Series: Donita	
Oliver, 512	

D-M Pinrollers

(Week 10)

Team	W-L
Uh Huh Girls	56-24
Team 5	46-34
Dreamers	45-35
The Dream Catchers	44-36
Team 6	41-37
L-A-D-Y	40-40
Annie's Girls	37-43
Kachina Dolls	35-45
High Scratch Game (Team):	
Dreamers, 675	
High Scratch Series (Team): Uh	
Huh Girls, 1915	
High Scratch Game: Gloria	
McKinney, 206	
High Scratch Series: Gloria	
McKinney, 562	

CE Mixed

(Week 8)

Team	W-L
Just-4-Fun	46-18
BJ's Bunns	40-24
Good, Bad & Ugly	40-24
MILFs	38-26
The Cans	38-26
Fire Dawgs	34-30
Brew Crew	30-34
Old Timers	20-44
HVAC	18-14
Now N Then	16-48
High Scratch Game (Men): Bryan	
Chambliss, 206	
High Scratch Series (Men): Dave	

Kozma, 568
High Scratch Game: Nicole
Westbrook, 163
High Scratch Series: Nicole
Westbrook, 475

Thursday Night

(Week 10)

Team	W-L
Mission Impossible	56-24
Pick One	50-30
The Prickly Pears	50-30
Desert Strikers	48-32
Lickity Splits	46-34
PBJs	46-34
Four Seas	42-38
Road Runners	36-44
Pintendos	34-46
BMs	34-46
Ice Breakers	34-46
Nice N Spicy	32-48
Cool Cs	32-48
Bucks N Does	20-60
High Scratch Game (Team): BMs,	
741	
High Scratch Series (Team): Pick	
One, 2091	
High Scratch Game (Men): Lloyd	
Lee, 275	
High Scratch Series (Men): Lloyd	
Lee, 659	
High Scratch Game (Women):	
Judy Ashworth, 210	
High Scratch Series (Women):	
Joyce Vaughn, 522	

Friday Nite Fun

(Week 10)

Team	W-L
Wannabees	50-22
3 Roses & A Thorn	42-30
Double Trouble	41-31
Kum Cantasi	41-31
The Misfits	38-34
AAFES	38-34
O Spare Us	36-36
Just Us	36-36
More BS	35-37
Just Havin Fun	30-34
Gutter Dusters	27-45

High Scratch Game (Team): More	
BS, 792	
High Scratch Series (Team): More	
BS, 2076	
High Scratch Game (Men): Gary	
Parker, 222	
High Scratch Series (Men): Gary	
Parker, 636	
High Scratch Game (Women): Liz	
Parker, 223	
High Scratch Series (Women):	
Kari Snyder, 517	

Bantams

(Week 9)

Team	W-L
The Dragons	49-23
N Sync	49-23
Tigers	46-26
High Handicap Game (Team): N	
Sync, 727	
High Scratch Series (Team): N	
Sync, 1092	
High Scratch Game (Boys): Cody	
Sechler, 68	
High Scratch Series (Boys):	
Jonathon Willis, 256	
High Scratch Game (Girls): Nila	
Sechler, 74	
High Scratch Series (Girls):	
Sabrina Wayman, 230	

Preps/Juniors/Majors

(Week 9)

Team	W-L
Fox Hound	56-16
The Xtremes	54-18
Jaguars	43-29
Desert Pro's	40-32
Alley Cats	38-34
Strikers	34-38
Unlimited	32-40
The Bulldogs	32-40
Undertakers	31-41
Desert Strikers	30-42
NSync Fireballs	24-28
Vacant	14-58
High Scratch Game (Team): The	
Xtremes, 434	
High Scratch Series (Team): The	

Bulldogs, 1324
High Scratch Game (Boys): Tyler
Johnson, 120 (Preps); Nathan
Thorne, 156 (Juniors); Jason
Wakefield, 134 (Majors)
High Scratch Series (Boys): Dale
Phelps, 360 (Preps); Brandon
Welsh, 421 (Juniors); Mike
Cuviello, 421 (Majors)
High Scratch Game (Girls):
Ebony Wayman, 111 (Preps);
Amber Welsh, 140 (Juniors);
Lynn Campbell, 109 (Majors)
High Scratch Series (Girls):
Amber Welsh, 305 (Preps); Ebony
Wayman, 365 (Juniors); Jennifer
Kerr, 342 (Majors)

Flag Football

Monday/Wednesday

(Current as of Monday)

Team	W-L
CRS	5-0
MDG	4-0
43 ECS	3-1
SFS	3-1
COMM	3-2
162 ANG	3-2
OSS	2-3
41 ECS	1-3
TRANS	1-4
358 FS	0-4

Tuesday/Thursday

(Current as of Tuesday)

Team	W-L
43 OPS	3-0
SUPS	3-1
357 FS	2-2
354 FS	2-2
25 OWS	2-2
42 ACCS	1-2
12 AF	1-2
EMS	1-2
CES	1-2

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Ladies Bible Studies: 9:30 to 11:30 a.m., (nursery provided), Chapel 1, or 11:30 to 12:30 p.m., Chapel 1; Singles Bible Study, 7:30 p.m., Building 3220; Bible Study for Moms, 6:30 to 8 p.m., Chapel 1.

Wednesday: Mid-week Bible Study, noon, Chapel 1; Promise Keepers Bible Study, 11:30 a.m., 355th Equipment Maintenance Squadron conference room in Building 4810; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m.; Angel Bible Study and choir, 7 p.m., Chapel 1 classrooms.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1. For more information, go to www.dm.af.mil/chapel.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.



On-base clubs

Officers' Club

Today: Club is closed.

Saturday: Club is closed.

Sunday: Sunday Brunch, 10 a.m. to 2 p.m.; adults, \$13.95.

Monday: Club is closes at 2 p.m.; barber-shop is open 8 a.m. to 5 p.m.

Tuesday: Prime rib for two, \$9.95.

Wednesday: Social hour, 5 to 6 p.m., free tacos.

Thursday: Pasta bar, \$8.95 for all you can eat.

Desert Oasis Enlisted Club

Today: Club is closed.

Saturday: Barbershop is open, 9 a.m. to 3 p.m.



Great speech

Lt. Gen. Tom Hobbins, 12th Air Force Commander, was the guest of honor and speaker at the University of Arizona's AFROTC Semester Dining-In, which was held Nov. 17 at the Officers' Club. Gen. Hobbins completed his immersion visit of the base Nov. 20.

Sunday: Club is closed, Cabana is open.

Monday: Football Frenzy at 7 p.m.

Tuesday: BBQ Buffet, 11 a.m. to 1 p.m. Two-for-One Steak Night, 4:30 to 8 p.m.

Wednesday: Cabana delivers, call 747-3234.

Thursday: Lunch is Tuesday through Friday, 11 a.m. to 1 p.m.

Club hours for holiday weekend

Except for the clubs, all 355th Services Squadron activities are back on their regular schedules today. The Officers' Club will close today and Saturday, and reopen Sunday, 10 a.m. to 2 p.m., for its Sunday brunch. The Desert Oasis Club is closed today, and reopens Saturday, on its regular schedule.



Youth programs

Today: All youth programs are open today.

Saturday: Basketball clinic, Dec. 2 and 9 at youth center.

Monday: Gymnastics classes at the youth center, call 8-8844.

Tuesday: Preteen one-on-one tournament, call 8-8373.

Wednesday: Primary edible art, 5:30 to 7 p.m. at youth center. Teen pool tournament, 7 to 8:30 p.m. at youth center.

Thursday: Preteen ice-skating trip, Friday night, call 8-8844.

Time for Tots

Time for tots is a weekly playgroup open to parents and children ages 4 and younger. The group meets Tuesday mornings from 9:30 to 10:30 a.m. at Chapel 1. Call 8-5690 for more information.

Bicycle safety

Youngsters age 7 and up are invited to the youth center, Dec. 9, to learn bicycle safety and riding skills. The free clinic, in the parking lot, is 2 to 3:30 p.m. Riders should bring their bicycles. Get more details by calling 8-8844.



Community events

Today: Some Services facilities closed, call first.

Saturday: Some Services facilities closed, call first.

Sunday: Skeet and trap ranges open weekends at 8 a.m.

Monday: See Karchner Caverns, Dec. 1, call ITT at 8-3700.

Tuesday: Seniors bowl at 1 p.m. at the D-M Lanes.

Thursday: Gold Pin bowling at D-M Lanes.

Children's story hour

Children's story hour will be 10 to 11 a.m. at the base library every Thursday. Story teller, Noreen Jasper will read stories and conduct craft activities for preschool-age children. Call the library at 8-4381 for more information.

Horseback trail ride

Join the outdoor recreation center on a two-hour horseback ride, Dec. 2. Transportation leaves for Fort Huachuca at 7 a.m., where riders will saddle-up at the Fort Huachuca stables. The ride is along trails in the Huachuca Mountains. Children age 7 and up can participate; those under 18 must be with an adult. Transportation and two-hour guided ride cost \$25 a person. Call 8-3736, or come to Building 4430 to register.

Shopping trips

Information, Tickets & Tours has two out-of-town Saturday shopping trips coming up soon, to Nogales and Arizona Mills. Shop Nogales, Dec. 9. Hundreds of stores and shops in Nogales sell traditional and unique Mexican items. Shoppers will spend about four hours in Nogales. The next Saturday, Dec. 16, there's an all-day trip to Arizona Mills, near Phoenix. Arizona Mills is a mix of nearly 200 off-price

Continued on Page 24

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and specialty retailers, restaurants, a food court, theaters, and other entertainment locations. Cost for either trip is \$10 a person. Contact ITT at 8-3700, or visit Building 4430.

Explore Peppersauce Cave

Explore Peppersauce Cave with the outdoor recreation center, Dec. 9. The unimproved cavern, near Oracle on the north side of the Catalina Mountains, can best be seen while climbing and on hands and knees. Appropriate dress is recommended. Bring lunch, beverage and a flashlight. A cost of \$10 a person is for transportation and headlamp. Phone outdoor recreation at 8-3736.

Ship UPS at D-M

Bring packages to the Skills Center for United Parcel Service shipping. The UPS Mailbox is open Tuesday, Wednesday and Friday, 10 a.m. to 6 p.m., Thursdays, 12 to 7 p.m., and Saturdays, 12 to 4 p.m. Items brought in by 3 p.m., weekdays, go out the same day. UPS requires that parcels be in corrugated cardboard containers, with no paper or string. Boxes and packaging materials can be purchased separately. The Skills Center is in Building 4531, next to Bama Park. Call 8-4385 for information.



Family support

- Today:** Family support center closed.
- Tuesday:** Right Start Orientation, 8 a.m. to noon at the community center, Building 4201.
- Thursday:** Funtime activity group, 9:30 to 10:30 a.m. at Chapel 1.

Sponsor training

The family support center conducts its next sponsorship class Dec. 13, 9 to 10 a.m. in the community center. This mandatory one-hour class for new sponsors covers effective sponsor-

ship and offers useful products and information for sponsors, unit Right Start/INTRO monitors and alternates. This is an excellent training for sponsors to help new members and their families move to base. Reservations are required. Call 8-5690.

Right Start orientation

Right Start is a base program, which is designed to welcome all newcomers, military, DoD civilian, and their spouses. Attendees will learn about what D-M and the city of Tucson have to offer. Sign up to attend by calling the INTRO Office at 8-3076/4478. Right Start will be conducted on the second and fourth Tuesday of each month, at the community center, Building 4201, from 8 a.m. to noon. The Medical Right Start program begins from 1 to 4 p.m. For additional information, please contact the family support center at 8-5690.

Give Parents a Break

The next “Give Parents a Break” program is scheduled for Saturday, Dec. 9 through 16 from 2 to 6 p.m. This program offers free childcare to active duty Air Force parents who need a break from the stresses of parenting for a few hours. Families who are eligible for this program include those where a parent is feeling stress due to military member being deployed, recently moving to base or unique circumstances or hardships. For more information or a referral, call 8-5690.

VA benefit briefing

Individuals who are 180 days from separating or retiring should attend one of the monthly transition assistance program seminars and receive the veterans affairs briefing on loans, education, and disability benefits. The family support center conducts an extra Veterans Affairs benefit briefing each month for members who are unable to attend the primary one. The next briefing is Dec. 7, from 9 a.m. to noon, community center, Building 4201. Call 8-5690 for reservations.

Interviewing workshop

Attend the interviewing workshop Dec. 19 from 8 to 11 a.m. to help prepare for the job interview, at the community center, Building 4201. For more information or reservations, call 8-5690.

Time for Tots

Time for tots is a weekly playgroup open to parents and children ages 4 and younger. The group meets Tuesday mornings from 9:30 to 10:30 a.m. at Chapel 1. Call 8-5690 for more information.

Smooth move seminar

The family support center will conduct its next smooth move briefing Dec. 6 from 8 a.m. to 11 a.m. at the community center, Building 4201. This briefing will cover many topics related to making a permanent change of station move. This briefing is open to military members, Department of Defense employees, and their spouses. Reservations are required. Call 8-5690 for reservations.

Resume workshop

Attend the resume workshop Dec. 5 from 8 to 10 a.m. to help prepare that eye-catching resume. For reservations call 8-5690.

Child Care for PCS

The Air Force Aid Society’s “Child Care for PCS” program is now available at Davis-Monthan AFB. Co-sponsored by the Family Support Center and the family child care program, families with permanent change of station orders are eligible to receive a “Child Care for PCS Certificate” from the family support center for use within 30 days of the family’s departure from or arrival at the base. Child care is done in licensed family child care homes. This program is targeted at E-5’s and below. Make an appointment to sign up by calling 8-5690. For information, contact Tom McCord or Rico Triana at 8-4024/6040.

Advertising

Education services

Park University registration

Park University's Spring I term begins on Jan. 8, 2001. Registration for on-site classes will begin on Dec. 4. Registration for internet classes begins on Dec. 11. On-site registration forms and payment need to be in the university's office no later than the Friday before the term starts to avoid the \$20 late fee, which will be charged to all students who come in to register during the add/drop period. For internet registration, payment has to be made at the time of registration. Call 748-8266 for more information.

Park University

Park University offers tuition assistance, veteran benefits and financial aid to assist students with their educational goals. Forms are available at the Park University office. For more information, call 748-8266.

Other agencies

Clinic hours and phone numbers

Clinic Hours: Monday through Friday
7:30 a.m. to 4:30 p.m.

Weekend/Holiday Acute Clinic: 8 a.m. to noon.

Laboratory: Monday through Friday,
6:30 a.m. to 4:30 p.m.

(By appointment only, no walk-in)

Laboratory: Monday through Friday,
6:30 a.m. to 4:30 p.m.

Immunizations: Monday, Tuesday, Wednesday, Friday, 8 to 10:30 a.m.; Monday through Friday, 1 to 4 p.m. for adults. Monday, Wednesday, Friday, 8 to 10:30 a.m. and after D-M provider appointments for children.

Pharmacy (Main/Satellite): Monday through Friday, 8 a.m. to 5 p.m.

Dental Clinic: Monday through Friday,
7 a.m. to 4 p.m.

Non-Flyer AD appointments: (Blue & Silver Clinic) 8-2699/2778 **(Copper Clinic)** 8-1594

Acute Appointments: Call between 7 a.m. to 4 p.m.

Routine Appointments: Call between 8 a.m. to 4 p.m.

Aerospace Medicine Active Duty appointments: Call 8-2721 between 7:30 a.m. to 4:30 p.m.

Sick Call: Walk-in basis daily from 7:30 to 8:30 a.m. and 1 to 1:30 p.m.

PRIME enrollees: 8-2778

Acute Appointments: Call between 8 a.m. to 4 p.m.

Routine Appointments: Call between 10 a.m. to 4 p.m.

After-hours care: Call 8-2828

Weekend/holiday acute appointments for AD and Prime enrollees:

Call 8-2828 between 7:30 to 11:30 a.m.

After-hours authorization for care: Monday through Friday, call between 4:30 p.m. to 7 a.m. or weekend/holiday between 1200 to 7:30 a.m.

Active Duty family member Non-Prime:
Call between 1 to 4 p.m. at 8-2778

All other Non-Prime beneficiaries: Call between 2 to 4 p.m. at 8-2778

Dental appointments (Active duty only): Call between 7:30 a.m. to 4 p.m. at 8-2651/2652.

Sick call: 7 to 9 a.m. & 1 to 2 p.m.

Mental Health Clinic appointments (AD only): Call 8-4926 between 7:30 a.m. to 4:30 p.m.

Family Advocacy appointments: Call 8-2104 between 7:30 a.m. to 4:30 p.m.

TriWest Care manager, (888) 874-9378.

Operation Dear Abby

Anyone who is interested in spreading goodwill and cheer to military men and women around the world this holiday season can do so through "Operation Dear Abby" now through Jan. 15, 2001. To ensure mail is received within the required time frame and adheres to the Department of Defense security guidelines, mail must be limited to first-class letter mail weighing 13 ounces or less. When sending mail to a specific location, people are asked to address it to the closest geographic hub, which will distribute the mail to all services in the area that it supports. The following are this year's address:

EUROPE AND SOUTHWEST ASIA

Any Service Member
OPERATION DEAR ABBY
APO AE 09135

MEDITERRANEAN BASIN

Any Service Member
OPERATION DEAR ABBY
FPO AE 09646

FAR EAST

Any Service Member
OPERATION DEAR ABBY
APO AP 96285

PACIFIC BASIN

Any Service Member
OPERATION DEAR ABBY
FPO AP 96385

Operation Dear Abby is a program that began 16 years ago by Abigail Van Buren--known through her nationally syndicated column "Dear Abby." For more information, call the 355th Public Affairs office at 8-3204.

Vacation at Vandenberg AFB

Vacation At Vandenberg Air Force Base in December. Active duty military, DOD civilians on leave, and retired military can make reservations now for Dec. 1 through Jan 4 at Vandenberg Lodge, Vandenberg AFB, Calif., for a wonderful winter break. Prices are: \$21.50 per couple per night. Book now—you can reserve up to seven days in our quality lodging facilities. The lodge have a host of exciting things to do at this breathtaking spot on the California coast. Email Sheila Carroll at sheila.carroll@vandenberg.af.mil, for a pre-

view of your winter sojourn. Make reservations by calling DSN: 276-1844, or commercial: (805) 734-1111.

Santas in Blue needs donations

Santas in Blue needs donations of toys and bicycles by Dec. 5 to support its gift-giving program for underprivileged Native-American children at local missions. People interested in sponsoring a child should contact their unit Santas in Blue representative for a child's name or Staff Sgt. Lori Payton at 8-4305 or Capt. Christopher Parker at 8-9684. The program also needs volunteers to help Santa deliver the gifts to the missions and donations of prepackaged cookies and presweetened Kool-aid for the Santas in Blue parties held at the missions.

Health benefits

The Federal Employees Health Benefits health fair is being held now through Dec. 11. The effective date for changes will be Jan. 14, 2001. The fair is scheduled for Tuesday, 8 a.m. to 3:30 p.m. in Building 3200 in Room 267, for baseside employees and Wednesday, 7:30 a.m. to 3:30 p.m. in Building 7507 in the START conference room, for AMARC employees. To make changes to health plans, eligible employees should call 1-800-997-2378 or go to www.afpc.randolph.af.mil/palacecompass. The 2001 FEHB Guide is now available at www.opm.gov/insure/health/index.htm.

Vehicle registration/base decals

Effective immediately, all Davis-Monthan Air Force Base members who have a 2000 expiration decal on their vehicle can renew their decals to 2003. Vehicles can be re-registered at pass and registration in Building 3200 and at the visitor center near the Craycroft Road gate. Bring your ID card, drivers license, registration, proof of insurance and current decal number when registering vehicles. Call 8-3224 for more information.

New Chief in town

Ernest Shishido, 355th Training Squadron, was promoted to chief master sergeant.

Thrift Shop is open Dec. 2

The Thrift Shop will be open Dec. 2 from 9 a.m. to noon. Consignments will be taken until 11:30 a.m. There will also be a "Bag Sale." Call 8-2120 to reserve space for large items and furniture. The Thrift Shop is located in Building 3220 on Ironwood across the street from the bowling alley.

Movie theater

Today: Remember the Titans, (PG), 7 p.m.

Saturday: Remember the Titans, (PG), 7 p.m.

Sunday: Get Carter, (R), 7 p.m.

Dec. 1: The Exorcist, (R), 7 p.m.

Dec. 2: Ladies Man, (R), 7 p.m.